Pass it on...

ADVISORY: BUTTS ROAD TRAFFIC FLOW REALIGNMENT

Two traffic detours will be implemented in February as part of the ongoing roadway construction on Butts Road south of Titus Boulevard. The northbound lanes of Butts Road through the Crow's Foot security gate will be converted to carry two-way traffic and southbound traffic will be detoured onto that section of roadway (see map at the link below). This detour is required as part of the reconstruction of the existing southbound lanes located west of the gate. This two-way detour is scheduled to be in effect until Aug. 1.

The short section of Butts Road, which crosses Infantry Creek and the tank trails will be closed for reconstruction. All Butts Road and tank trail traffic will be rerouted onto a temporary detour road located next to the closure. This detour is scheduled to be in effect until May 1. Drivers are advised to pay close attention to the traffic signs and posted speed limits while moving through this construction zone. Drivers should anticipate some delays related to this construction and allow themselves additional travel time whenever possible. For more information, call the Directorate of Public Works Traffic Engineering at 526-9267.

ADVISORY: INSTALLATION ACCESS CHANGES

Non-DOD/federal ID cardholders will have until May 1 to obtain installation access passes. While contractors and reoccurring visitors have this time to present the proper paperwork to the Visitor Control Center, Fort Carson officials are asking people to not wait until the last minute to complete the process. Also, Visitor Control Center officials have noticed issues with the Fort Carson Form 2036. The Form 2036 must be digitally signed with a Common Access Card by a military sponsor, not hand signed. For organizations on post, such as the Army and Air Force Exchange Service and Defense Commissary Agency that don't have CAC cards, provisions have been made in advance with these organizations to obtain passes for those who need it. The Visitor Control Center is located in building 6012, immediately outside of Gate 1. It is open seven days a week from 5 a.m. to 9 p.m. Personnel who are requesting a visitor day pass or an extended access pass need to bring their state or federally issued photo ID (e.g. state issued driver's license or ID card, or U.S. passport). Vehicle operators need to bring in their vehicle registration and proof of insurance. For more information, call the VCC at 526-2332.

BRAIN INJURY AWARENESS MONTH (FLYER)

YOU ARE INVITED TO THE WRC OPEN HOUSE IN HONOR OF

BRAIN INJURY AWARENESS MONTH WEDNESDAY 4 MARCH 1100-1300 BUILDING 7488



PR17733

DEMONSTRATION STATIONS

BRAIN CHALLENGES FUN

RESEARCH EDUCATION BRAIN FOOD

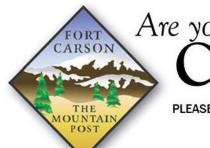
CAREGIVER FORUM (FLYER)

You are cordially invited to the Fort Carson PEER Forum, on 26 February 2015, from 3:00 pm-5:00pm at the Fort Carson Soldier and Family Assistance Center (SFAC), 1481 Titus Blvd. Building #7492 (directions below).

Military Caregivers are spouses, family members, friends and battle buddies of our Wounded, Ill and/or Injured Soldiers who fulfill a vital role in the care, management and quality of life for our recovering Service Members.

As a Military Caregiver, you are in a unique position to share your knowledge, provide emotional support and empower other Caregivers "like me". The Peer to Peer Caregiver Support Initiative is an opportunity to connect with your peers in a confidential environment and share a sense of community and support, to connect with each other and share resources. Please join us as we build a community of support around you, the Military Caregiver. RSVP to: P2PFortCarson@gmail.com

From Gate 1: Continue through gate and stay to the right of the traffic circle; follow right lane onto Harr Ave. Follow Harr Avenue to end; make left turn onto Titus Blvd. Follow Titus Blvd. to traffic circle, make 1st exit. SFAC will be on your left, Building 7492. From Gate 20: Follow Specker Ave. Make left onto Titus Blvd. Follow Titus Blvd. to the traffic circle; take third exit. SFAC will be on your left, Building 7492.



Are you a military CARE GIVER?

PLEASE CONSIDER JOINING US FOR THE PEER TO PEER CAREGIVER FORUM

26 February 2015 3:00-5:00 PM

Soldier and Family Assistance Center (SFAC)
1481 Titus Blvd. BLDG # 7492

The Peer to Peer Caregiver Support Initiative is an opportunity to connect spouses, leaders, and providers with other caregivers of wounded, ill or injured service members through a sense of community, support, education, and a sharing of resources.

We want to hear from you...
we are here to support you to support
your loved one!

The Point of CONTACT for this event is Mrs. VICTORIA CAMPBELL, LCSW Military Family Life Counselor(MFLC)719-419-2558

PLEASE RSVP BY 2/23/15 TO: P2PFORTCARSON@GMAIL.COM

COUPLES WORKSHOP

Intimate Allies" is a two-day couple's workshop where partners learn how to deeply connect and form a "Safe Haven" couples bond. Couples gain insight into their attachment styles, how to tame the dragons that arise during conflict and receive a plan to increase multiple dimensions of intimacy in their relationship. The workshop will be conducted Feb. 26-27 from 8:30 a.m. to 2 p.m. at the Army Community Service Center. Register for this free workshop at http://www.eventbrite.com. Info for free child care provided upon registration. For more information, contact Dr. Ken Robinson at 524-1991.

CYS SERVICES SPRING SPORTS (FLYER)



CYS SERVICES SPRING SPORTS



Registration open February 9– March 13

Season runs March 30- May 23

Spring SoccerAges 3-4 (\$20) and 5-15 (\$40)

Spring TennisAges 5-15 (\$40)

All sports offered subject to enrollment numbers and availability of competition





To register visit
Parent Central Services*
or log on to
https://webtrac.mwr.army.mil/
webtrac/Carsoncyms.html



*Parent Central Services is located at 1518 Prussman Blvd.











EFMP EVENTS COMING UP (FLYERS)

**Ft. Carson EFMP Meet-up (formally EFMP Special Needs Activity Group (SNAG)) The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly meet-up group for parents of special needs children called EFMP Meet-up. The EFMP Meet-up is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Downs Syndrome, etc...to give and receive support from other parents as well as discuss special needs topics.

EFMP Meet-up group schedule:

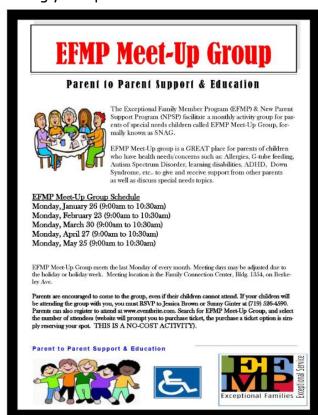
Monday, February 23 (9:00am to 10:30am)

Monday, March 30 (9:00am to 10:30am)

Monday, April 27 (9:00am to 10:30am)

Monday, May 25 (9:00am to 10:30am)

Meeting location is The Family Connection bldg 1354, Barkeley. Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at www.eventbrite.com. Search for Ft. Carson EFMP Meet-up, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).



**EFMP Developmental Screenings

Are you concerned about your child's development? Would you like to make sure your child is meeting his or hers developmental milestones?

The Exceptional Family Member Program and The Resource Exchange are partnering to provide Developmental Screenings to military children aged birth to 3 years old.

The Resource Exchange (TRE) has trained staff who provide standardized developmental screenings for infants, toddlers, and preschoolers. It is a quick and simple process where you can provide information about your child and receive information immediately following the screening.

When: Wednesday, March 4, 2015

Time: 10:00am-1:00pm

Location: Ivy Child Development Center Address: 1879 Prussman Street, bldg 1840 *Parents must be present for screening*

Information on resources in the community will be available.

For more information, please contact Sunny Ginter or Jessica Brown at 719-526-4590.

Exceptional Families 2 The Resource Exchange

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Information on resources in the community will also available





Time to be Fabulously Fit!!!

Open for Moms and Moms-To-Be
Children 5 yrs and under are welcome in a stroller!
Class focus: Cardio Endurance, Muscle Strength, Core Stability.

Not just a walk in the park! Expect a great workout, fitness improvements, and new friendships made along the way!

Time: 9-10:15 a.m. Tuesdays & Thursdays Iron Horse Physical Fitness Center

\$32 for an 8-punch card OR \$5 one time drop-in rate Instructor: Liz Lazich Certified Personal Trainer, AFAA

Questions? Call 526-2706









FREE!!!

FORT CARSON TAX CENTER

FREE Tax Return Preparation

Opening Day: 2 February 2015 Last Day: 15 April 2015

The Fort Carson Office of the Staff Judge Advocate is pleased to announce the re-opening of the Fort Carson Tax Center. We will offer FREE income tax preparation services for both State and Federal tax returns to all Active Duty Service Members, mobilized Reservists (with orders), dependents, and Retirees. All preparers are certified by the IRS as both military and advanced income tax preparers. In 2014, the Tax Center prepared over 3,712 federal returns and over 2.948 state returns. We saved our clients over \$900,000 in tax preparation fees.

Location: 1358 Barkley Ave. Ft Carson, CO

At your appointment, be sure to have the following documents available, if applicable:

- A copy of your 2013 tax return
- W-2's, 1099s, and 1098's
- Social Security Cards for you and your dependents
- Hours: Mon-Fri 0900-1600
- Copies of court orders for divorce, child custody, and child support and Form 8332 if post-2008 divorce
- Open on all
- Documentation of the following:
- Childcare costs - IRA Contributions
- **Training Holidays**
- Stock, bond, or mutual fund sale
- *Closed all **Federal Holidays**
- Alimony paid or received
- Bank account and routing numbers if you expect a refund and wish to receive it via direct deposit
- A Special Power of Attorney if you plan to sign a tax return for a deployed service member.

TAXES ARE DONE BY APPOINTMENT ONLY

You can call, send a message via Facebook, or email.

* We will begin scheduling appointments on 26 January 2015.

APPT LINE NUMBER:

719-524-1013

FACEBOOK:

https://www.facebook.com/#!/carsontax

APPT BY EMAIL:

usarmy.carson.4-id.list.sja-tax-center@mail.mil

FREE "TELL ME A STORY" EVENT (FLYER)



Tell Me A Story:

Making Connections and Finding Support through Literature

TMAS Event Guest Reader: COL Joel D. Hamilton

Fort Carson Garrison Commander





Zen Shorts

...three imaginatively presented classic Zen stories that abound with enlightenment and love...



The Military Child Education
Coalition's Tell Me A Story:
Making Connections and Finding
Support through Literature
(TMAS) is an initiative created to
empower our military children by
using literature and their own
stories. Tell Me A Story is geared
toward children ages 4-12. Each
family will receive a copy of the
featured book. Hands-on
activities, snacks, and a fun
learning experience will be
provided!

Questions about the MCEC Tell Me A Story Program? Contact Judy Glennon at 254.953.1923 or Judy.Glennon@MilitaryChild.org. To learn more about other MCEC programs and initiatives, visit

www.MilitaryChild.org



TMAS Event Book:

Zen Shorts
By Jon J Muth

Sunday March 15th, 2015 2:00 PM



Special Events Center

6550 Specker Avenue Fort Carson, CO ADMISSION IS FREE but space is limited!

Please reserve your space by emailing PtoP.Carson@MilitaryChild.org or 808-258-5961

909 Mountain Lion Circle • Harker Heights, Texas 76548 • tel 254.953.1923 • CFC #10261

JOB FAIR MARCH 3

A military job fair takes place March 3 from 10 a.m. to 2 p.m. at the Double Tree by Hilton in Colorado Springs (1775 East Cheyenne Mountain Blvd., Colorado Springs CO 80906). Military-friendly organizations will be on hand to speak with and interview job seekers. The job fair offers national and regional opportunities in a variety of career fields, including administrative, aviation, customer service, law enforcement, logistics, maintenance, management medical, driving, engineering and sales. To preregister, visit http://www.civilianjobs.com. For more information, call 678-819-4153.

JOB FAIR FOR SPOUSES - SAVE THE DATE (FLYER)

ARMY COMMUNITY SERVICE Employment Readiness Program



MARCH 11 - Networking Reception MARCH 12 - Hiring Fair

For more info, call (719) 526-0452 or register at www.carson.army.mil/acs

LIFEGUARDING COURSE BY RED CROSS (FLYER)





Lifeguarding Course

March 23-27, 10 a.m.-6 p.m. offered at the Nelson Indoor Pool \$100/person (includes course materials)

- Ages 15+
- A swim assessment prior to the start of the course is mandatory.

 Successful completion of this course will result in a nationally recognized certification in Lifeguarding, CPR/AED for the professional rescuer and Oxygen administration.

Questions? Call 526-4093











MILITARY FATHER-DAUGHTER BALL (FLYER)



A MAGICAL NIGHT FOR FATHERS & DAUGHTERS

Saturday, April 11, 2015

All Service Branches Welcome

Antlers Hilton Hotel

4 South Cascade Colorado Springs, CO 80903

5:30 - 9:30 pm

(Doors open at 4:00pm)

Costs

\$35 E-5 and below: \$45 all others

- . \$15 for each additional daughter
- · Admission includes a light dinner and a dance

Pre-Event Activities:

4:00 pm - 9:00 pm

Carriage Rides

4:00 pm - 5:20 pm

Princess Make Up Session & Father Daughter Pictures

Dress

Mess Dress or Class A for Active Military; Business attire for Retirees and civilians; Party dresses for daughters

Register online at ppymca.org/register

Search 2015 Military Father Daughter Ball

February 1 thru March 31

For more information please call contact Drew Aquino, Military Outreach Director at daquino@ppymca.org or 719.622.9622.

Financial assistance is available through the Y Assist Program.







MILITARY MOTHER DAUGHTER TEA (FLYER)



"BECOMING A PRINCESS OF KINDNESS"

Saturday May 2, 2015 SOUTHEAST ARMED SERVICES YMCA

Community Room A & B 9:30 am - 1:00 pm

Please join us for the 5th annual Military Mother & Daughter Tea. A dress up affair with a surprise visit by Fairy God Mother. Please bring your camera.

Costi

\$25 Military Affiliated & YMCA Members; \$35 for Non-Members

- \$10 for each additional Daughter
- Includes Mother & Daughters ages 2-17
 Limited seating & childcare availability, Certain restrictions apply,

Event Activities:

9:30 – 10:30 am Crowning Ceremony 10:30 am – 1:00 pm Program

Register online at ppymca.org/register

2015 Military Mother & Daughter Tea February 1 thru April 26

For more information please call contact Drew Aquino, Military Outreach Director at daquino@ppymca.org or 719.622.9622.

Financial assistance is available through the Y Assist Program,





NO-COST ONLINE TAX PREPARATION AND FILING SERVICE

The Military OneSource no-cost, online tax preparation and filling service launches in early January 2015. If you are <u>eligible</u> under the Military OneSource program, you can complete, save and file your 2014 federal and up to three state returns with a custom tool made available through the Military OneSource website. You must start your return from the <u>Military OneSource online tax filing link</u> to access this no-cost offer. This year, the tax preparation and filing tool allows you to include rental property income, second mortgages and charitable donations. The tool also has these new features:

- Optimized for mobile devices. Start, continue or finish your taxes on any mobile device from within a mobile browser.
- Product customization for returning users. Returning users now experience
 a much deeper customized interview focusing on everything we already know
 about you.
- Refund RevealTM. Use this feature to see how and why your refund amount increases or decreases.

If you created an account last year through Military OneSource, your login credentials for that account will still work and you will be able to access last year's personal tax information.

- For assistance logging in to Military OneSource, please call 888-363-6431 or submit a support request form.
- For technical assistance with the tax filing tool, please call 800-472-5625.
- To learn more about the tax filing service, please see the <u>FAQs</u>.
- For any questions regarding filing an extension through the software, please contact a Military OneSource tax counselor (800-342-9647) for further information.

The Internal Revenue Service will begin processing e-file returns during January 2015. If you complete your returns with the service offered through Military OneSource prior to the Internal Revenue Service processing date, your files will be held in a pending status. Once e-file opens, the system automatically submits the return to the Internal Revenue Service.

Military OneSource tax counselors

If you have questions about this tax service or about your own tax returns, please call 800-342-9647 and ask to speak with a Military OneSource tax counselor. Trained tax counselors are available Monday through Friday, 8 a.m. to 10 p.m. Eastern time year-round and with extended hours during tax season: seven days a week from 7 a.m. to 11 p.m. Eastern time.

Reminders

 Be sure to access the online tax preparation and filing software through the link provided on the Military OneSource website.

- Remember to wait until you receive all of your W-2s and other tax documents before you file your return. Otherwise, you may have to amend your return.
- Remember that e-filing is subject to the Internal Revenue Service calendar.
 Though you may be able to complete your return, it will not be submitted to the Internal Revenue Service until the Internal Revenue Service begins accepting e-file returns. For more information, access the IRS.gov website.
- If you are prompted for payment of any kind while using the no-cost service, please call Military OneSource (800-342-9647) immediately for assistance.
- No-cost filing through Military OneSource allows for one federal and up to three state returns per user.

Best practices for filing your taxes

- Have all of your documents and information ready when preparing your taxes (Social Security number, Taxpayer Identification Numbers, W-2s, 1099 forms, expense documents, bank account information in case of refund, etc.).
- Be sure to disclose all of your income from the year (including wages, investments, etc.).
- Determine the best way to file for yourself (prepare your taxes online, paper file or take them to a preparer).
- File early (it's best to do it once you receive all of your documents, reducing the risk of misplacing them, reducing the wait time for receiving a refund and/or avoiding penalties for late filing).

Military W-2s

You may have access to military W-2s and other tax statements through your <u>myPay</u> account on the <u>Defense Finance and Accounting Service website</u>. Please note that:

- A schedule for when these tax statements will be available on myPay or mailed to your address is usually posted on the <u>Defense Finance and Accounting</u> <u>Service website</u> between mid-November and mid-December each year.
- Service members who have separated may also access myPay for a year after separation. Therefore, it is important to keep myPay login information available, as it will save time when you are ready to file your taxes. For more information, visit the myPay website.

Military OneSource Offers FREE Tax Consultation & eFiling

- Maximize your refund
- ✓ Take advantage of our simple, easy process
- Use your tax refund wisely save money and pay off debt

Visit MilitaryOneSource.mil to file your federal and state taxes.



Call. 1-800-342-9647 Click. MilitaryOneSource.mil Connect. 24/7

Provided by the Department of Defense at no cost to service members (active duty, Guard, and Reserve) and their family members.

NURSE ADVICE LINE

Fall is almost here, and that means weekend trips and holidays for the military Family. If you and your family have a medical problem while traveling this fall you can call the Nurse Advice Line (NAL) while on the road for all of your health concerns and needs.

The NAL is the Military Health System's new initiative to improve ready access to safe, high quality care. Calling the NAL gives you access to the advice you need at the right time. Call 1-800-TRICARE (874-2273), Option 1 [or (719) 524-2273, Option 3] to talk to a registered nurse (RN) who can answer your urgent care questions, give you health care advice, help you find a doctor or schedule a next-day appointment at a military hospital or clinic.

If you or a member of your family gets ill while you are traveling, calling the NAL can help you figure out what steps to take. The nurse will ask you questions about the symptoms that you or your family member are experiencing and provide advice on whether you need to seek care and when. When you are traveling, the NAL nurse will help you find a safe, high-quality health care facility in the TRICARE network. If you are a military hospital or clinic enrollee, the NAL will send a follow-up note to your primary care manger and medical team back home so they know how you are doing.

You can safely travel with TRICARE and the NAL. The NAL is available 24/7. For more information on accessing the NAL while on the go, visit http://www.TRICARE.mil/NAL.



SUSTAINABILITY EXPO

The free Fort Carson Sustainability Expo takes place Feb. 26 from 9:30 a.m. to 1:30 p.m. at the Elkhorn Conference Center. Beth Martin, U.S. Army Public Health Command, will be leading three, 20-minute presentations with question and answer periods to help Fort Carson groups and organizations understand their responsibilities under the DOD Green Procurement Program. Times are 9:45, 10:30 and 11:15 a.m. The Expo organizers encourage participants to car pool or take the Post Shuttle to the ECC. For shuttle information, visit https://www.facebook.com/ShuttleFortCarson?ref=hl.

VACATION BIBLE SCHOOL (FLYER)

Save the date for this year's VBS and please consider volunteering now - many volunteers needed this year!



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